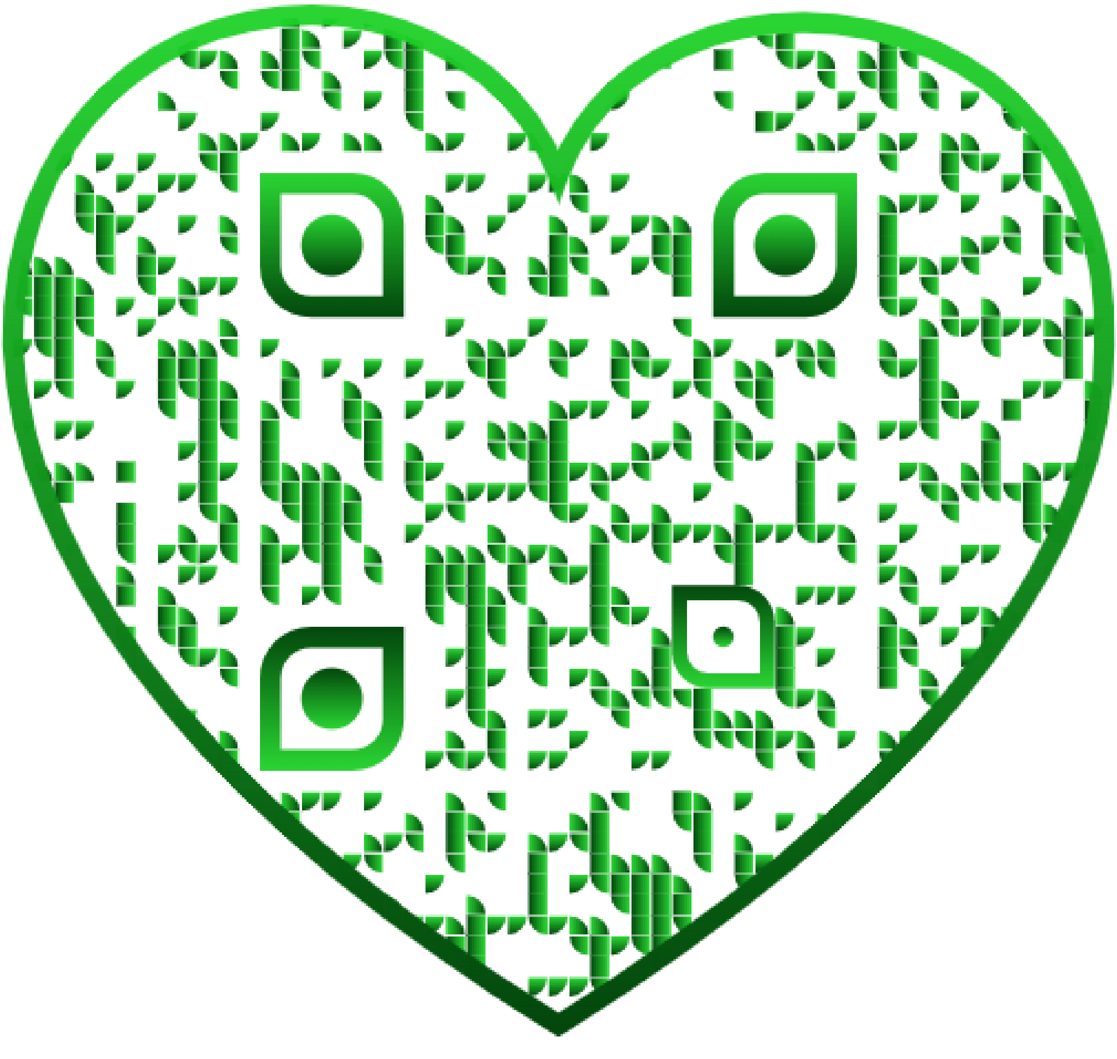
CAKES & BREAD

SUSTAINABLE, EASY AND HEALTHY COOKBOOKS!

A Journey Through Japan's
Cakes and Bread Culture!

A Delicious Guide
to Japanese
Cakes and Bread Recipes!

JAPAN



CAKES & BREAD
Japan

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VAT no: 21099139

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Introduction

Welcome to the enchanting world of Japanese cakes and breads, where tradition meets innovation, and every bite is a journey of flavour and texture.

In this cookbook, we invite you to embark on a culinary adventure through the bustling streets of Tokyo, the serene temples of Kyoto, and the cosy bakeries tucked away in every corner of Japan.

Japanese culture is renowned for its meticulous attention to detail and reverence for seasonal ingredients, and nowhere is this more evident than in its diverse array of cakes and breads.

From delicate sponge cakes infused with the essence of matcha to savoury breads filled with fragrant curry, each recipe in this collection is a celebration of Japan's rich culinary heritage.

Whether you're a seasoned baker looking to expand your repertoire or a novice eager to explore new flavours, this cookbook has something for everyone.With step-by-step instructions, helpful tips, and stunning photography, you'll learn how to recreate beloved classics like melonpan and anpan, as well as discover lesser-known gems like sakuramochi and karepan.

All recipes are for 4 persons!

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Japanese Honey Sponge Cake

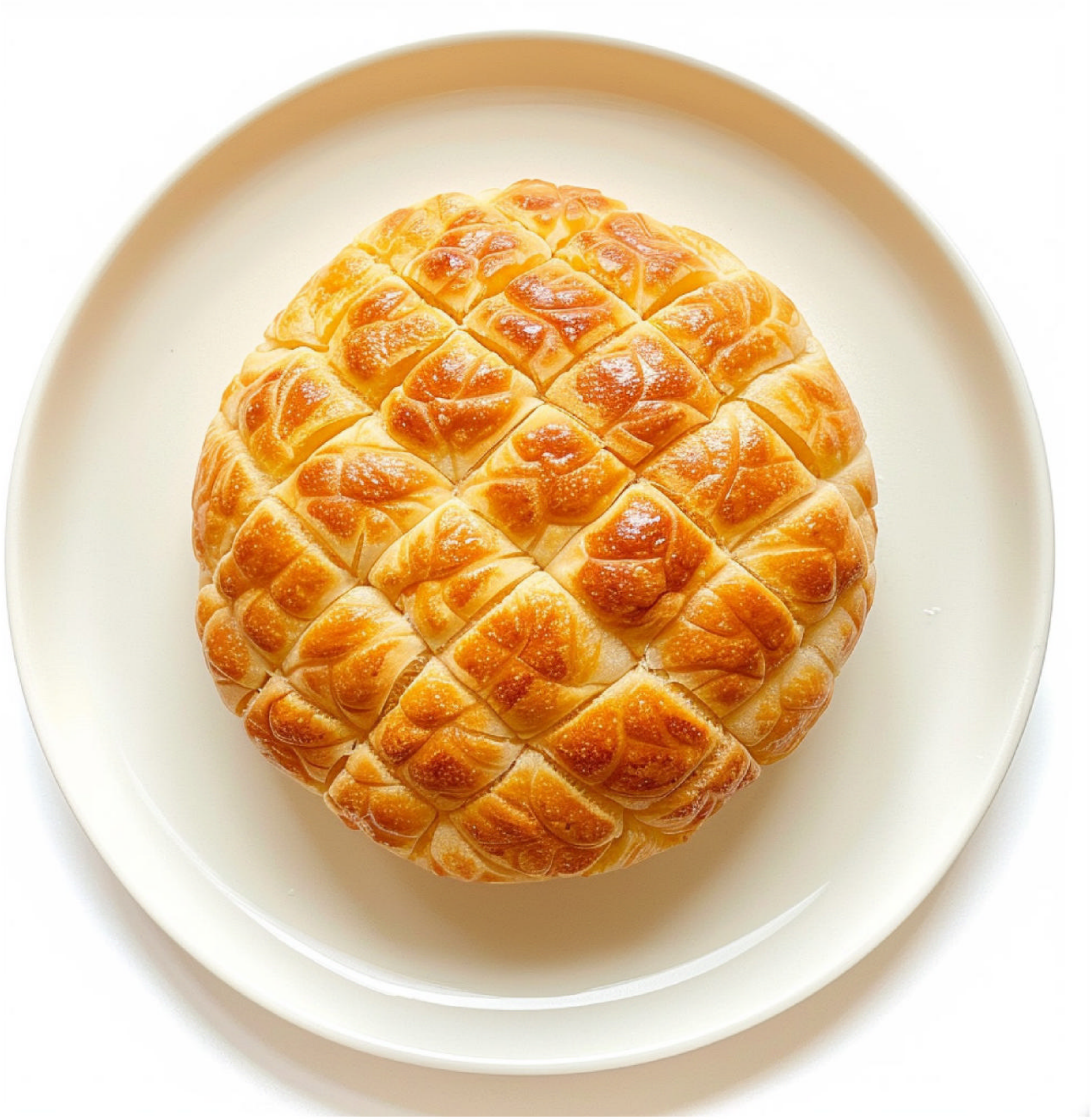
Japanese honey sponge cake, known as “Castella” or “Kasutera” in Japanese, is a delightful delicacy renowned for its soft, fluffy texture and subtly sweet flavour. Originating in Portugal and introduced to Japan by Portuguese merchants in the 16th century, this cake has undergone various adaptations to become a beloved treat in Japanese culture. Japanese honey sponge cake holds a special place in Japanese culture, often enjoyed on special occasions or as a comforting treat during tea time. Its versatility allows for various flavour variations, such as matcha, chocolate, or even adding fruits like strawberries or oranges for a delightful twist.

Ingredients:

- 4 eggs
- 120g sugar
- 4 tbsp honey
- 120g cake flour
- 40g butter
- 4 tbsp milk
- 1 tsp baking powder

Instructions:

1. Preheat the oven to 170°C (340°F). Grease and line a 20cm round cake tin.
2. Melt the butter in the milk over low heat. Set aside to cool.
3. In a bowl, beat the eggs and sugar until pale and fluffy.
4. Add the honey and mix well.
5. Sift in the cake flour and baking powder, and fold into the egg mixture.
6. Gradually add the butter and milk mixture, folding gently until just combined.
7. Pour the batter into the prepared tin and bake for 25-30 minutes, or until a skewer inserted into the centre comes out clean.
8. Allow the cake to cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely before serving.



Melon Bread

Melon Bread, also known as “melon pan” in Japan, is a beloved sweet treat that has captured the hearts and taste buds of many. Despite its name, it doesn’t actually contain melon flavouring; rather, it gets its name from its distinctive appearance, resembling a melon due to its crisscross patterned top. Melon pan is a popular snack found in bakeries, convenience stores, and supermarkets across Japan. It’s often enjoyed as a quick breakfast option, an afternoon snack, or even as a dessert paired with a cup of tea or coffee. The origins of melon pan can be traced back to the early 20th century in Japan, influenced by European baking techniques introduced during that time. Over the years, it has evolved into a quintessential Japanese baked good, cherished for its comforting taste and nostalgic appeal.

Ingredients:

- 200g bread flour
- 3g instant yeast
- 20g sugar
- Pinch of salt
- 80ml milk
- 40g unsalted butter, softened
- 1/4 melon (such as cantaloupe or honeydew)
- Sugar for dusting

Instructions:

1. In a bowl, mix the flour, instant yeast, sugar, and salt.
2. Warm the milk slightly and add it to the dry ingredients. Mix until a dough forms.
3. Knead the dough on a floured surface for about 10 minutes, or until smooth and elastic.
4. Incorporate the softened butter into the dough, kneading until well combined.
5. Cover the dough with a damp cloth and let it rise in a warm place for about 1 hour, or until doubled in size.
6. Divide the dough into 4 equal portions and shape each portion into a ball.
7. Cut the melon into slices, then into pieces roughly the same size as the dough balls.
8. Flatten each dough ball and wrap it around a piece of melon, ensuring the melon is completely enclosed.
9. Place the bread balls on a baking sheet lined with parchment paper, cover with a damp cloth, and let them rise for another 30 minutes.
10. Preheat the oven to 180°C (350°F).
11. Sprinkle the bread balls with sugar and bake for about 15-20 minutes, or until golden brown.
12. Allow the bread to cool slightly before serving.

Strawberry Shortcake

Strawberry Shortcake is a beloved dessert that has become an iconic symbol of celebration and indulgence in Japan. This delightful cake features layers of fluffy sponge cake filled with fresh strawberries and whipped cream, creating a light and refreshing treat that is loved by people of all ages. Strawberry Shortcake is commonly enjoyed during special occasions such as birthdays, anniversaries, and holidays, where it is served as a celebratory dessert. It is also a popular choice for afternoon tea or as a sweet indulgence after a meal. With its delicate layers of sponge cake, fresh strawberries, and fluffy whipped cream, Japanese Strawberry Shortcake offers a delightful culinary experience that celebrates the beauty of simplicity and the joy of seasonal ingredients. Its light and refreshing taste make it a favourite dessert option that is sure to impress and delight.

Ingredients:

- 100g cake flour
- 4 eggs
- 100g sugar
- 1 tsp vanilla extract
- 300ml heavy cream
- 200g strawberries
- Powdered sugar for dusting

Instructions:

1. Preheat the oven to 180°C (350°F) and line a 9-inch round cake pan with parchment paper.
2. Separate the egg yolks from the whites.
3. In a bowl, beat the egg yolks with half of the sugar until pale and fluffy. Add the vanilla extract and mix well.
4. In another bowl, beat the egg whites until soft peaks form. Gradually add the remaining sugar and continue beating until stiff peaks form.
5. Gently fold the egg yolk mixture into the egg white mixture.
6. Sift the cake flour over the egg mixture and fold in gently until well combined.
7. Pour the batter into the prepared cake pan and smooth the top.
8. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
9. Remove the cake from the oven and let it cool completely on a wire rack.
10. In a separate bowl, whip the heavy cream until stiff peaks form.
11. Slice the strawberries.
12. Once the cake has cooled, slice it in half horizontally.
13. Place one half of the cake on a serving plate and spread a layer of whipped cream over it. Arrange sliced strawberries on top.
14. Place the other half of the cake on top and cover the entire cake with the remaining whipped cream.
15. Decorate with additional strawberries and dust with powdered sugar before serving.

Curry Bread

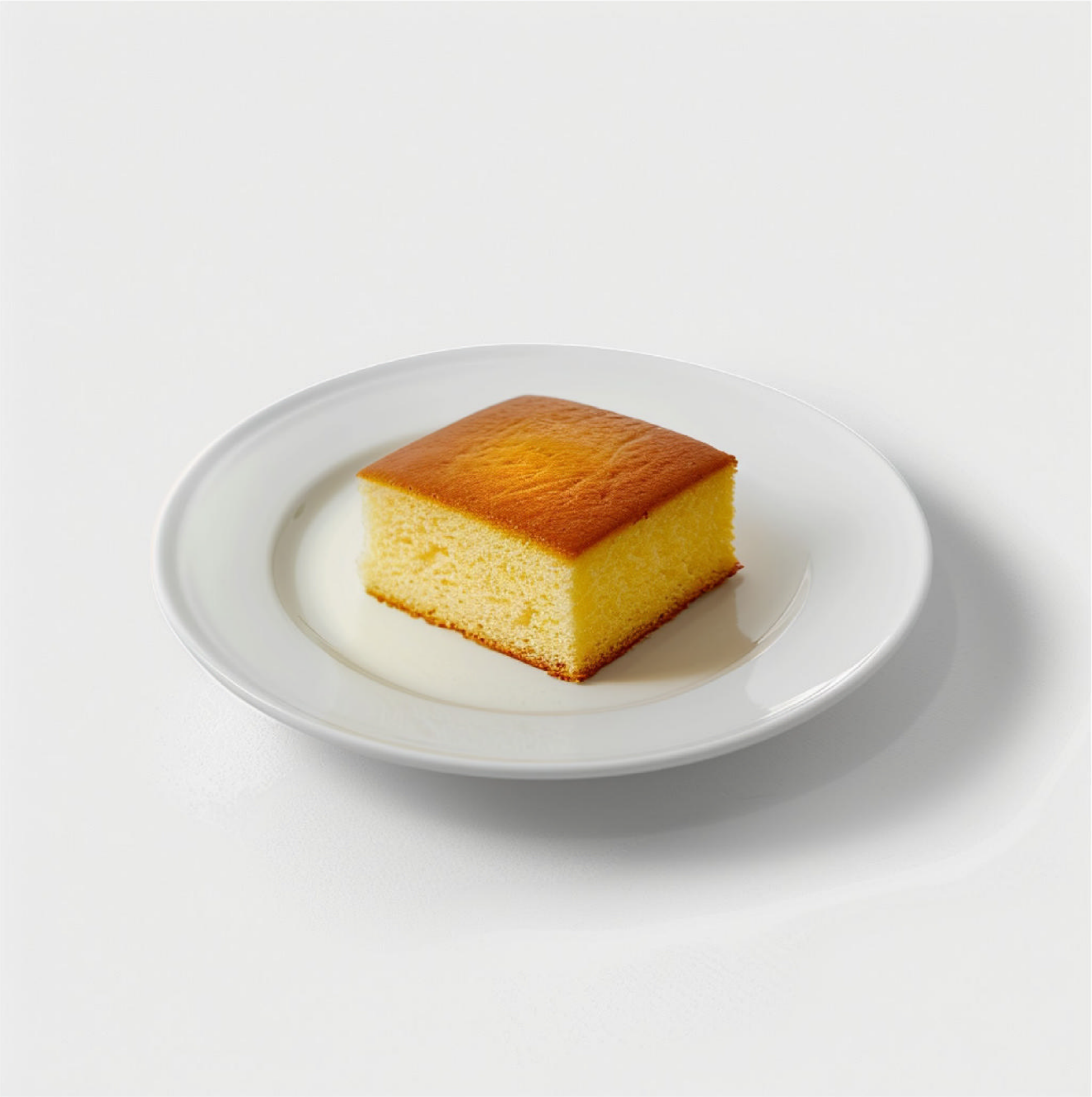
Curry Bread, also known as “kare pan” in Japanese, is a delicious and popular snack that combines the comforting flavours of Japanese curry with the convenience of a portable bread roll. This delectable treat features a crispy bread coating filled with a savoury curry filling, creating a delightful contrast of textures and flavours in every bite. Originally introduced to Japan during the early 20th century, Japanese Curry Bread has since become a beloved staple in bakeries, convenience stores, and street food stalls across the country. It is often enjoyed as a quick and convenient snack on the go, or as a satisfying accompaniment to a meal. The versatility of Japanese Curry Bread allows for various interpretations and creative adaptations, with some variations incorporating additional ingredients such as cheese, vegetables, or even meat to enhance the flavour profile.

Ingredients:

- 4 slices of thick white bread
- 200g Japanese curry roux (store-bought or homemade)
- 1 egg, beaten
- Panko breadcrumbs
- Vegetable oil for frying

Instructions:

1. Remove the crusts from the bread slices and flatten them with a rolling pin.
2. Place a spoonful of curry roux in the centre of each bread slice.
3. Fold the bread over the curry to enclose it and pinch the edges to seal.
4. Dip each bread pocket in the beaten egg, then coat with panko breadcrumbs.
5. Heat the vegetable oil in a pan over medium heat.
6. Fry the bread pockets until golden brown and crispy on all sides.
7. Drain on paper towels and serve hot.



Castella Cake

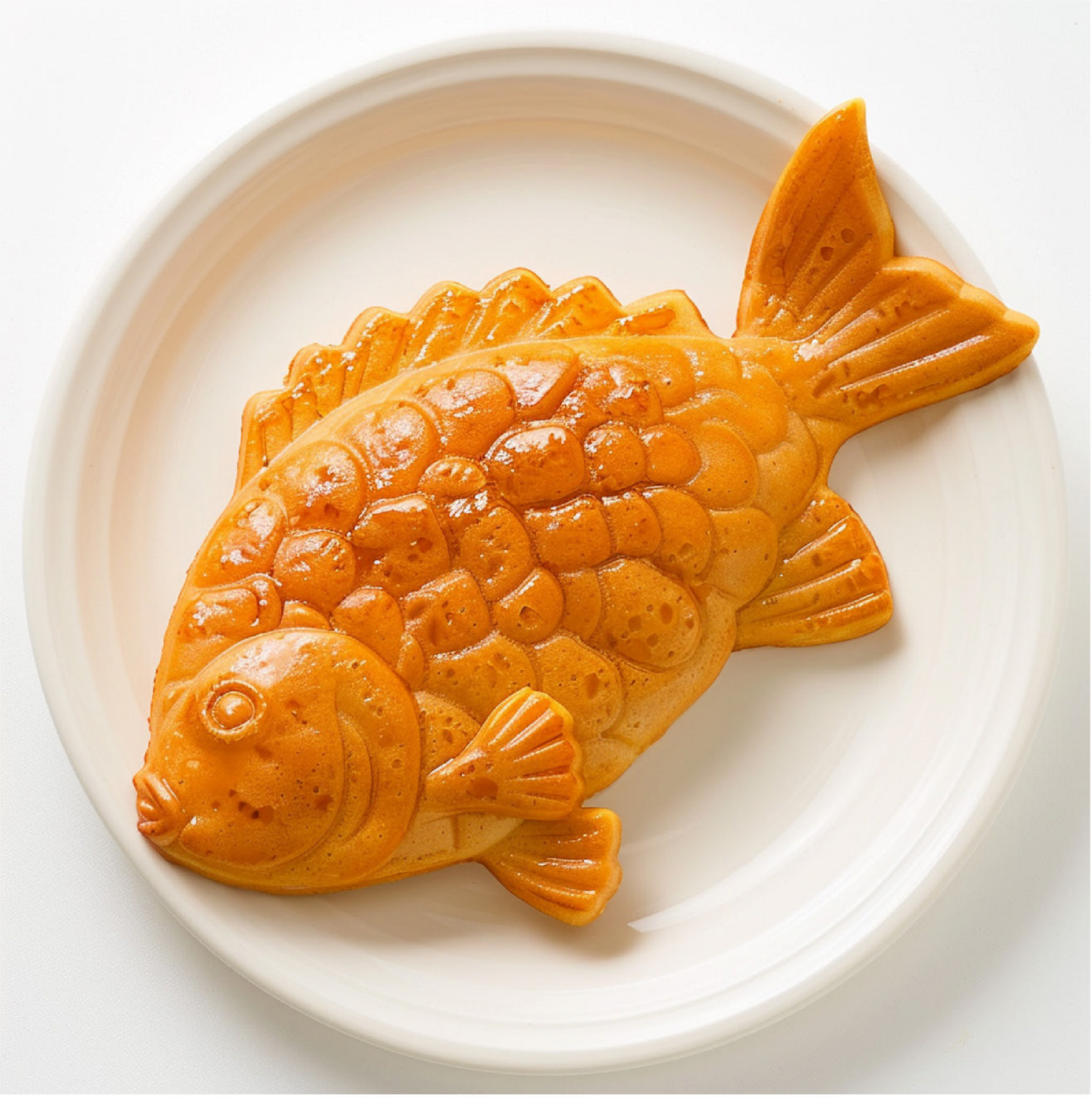
Castella Cake, often simply referred to as Castella, is a classic and beloved sponge cake that has been enjoyed in Japan for centuries. This delectable treat features a soft and moist texture, a subtly sweet flavour, and a distinctive honey-like aroma, making it a favourite dessert and snack among people of all ages. Castella Cake is commonly enjoyed as a dessert or snack on its own, but it can also be served with a cup of tea or coffee for a delightful afternoon treat. It is also a popular gift or souvenir, particularly during holidays and special occasions, where it is often packaged in decorative boxes or wrapping paper. With its timeless appeal and irresistible taste, Japanese Castella Cake continues to captivate food enthusiasts both in Japan and around the world.

Ingredients:

- 4 eggs
- 100g sugar
- 100g cake flour
- 2 tbsp honey
- 1 tbsp mirin (optional)

Instructions:

1. Preheat the oven to 170°C (340°F) and line a loaf pan with parchment paper.
2. In a heatproof bowl, whisk together the eggs, sugar, honey, and mirin (if using).
3. Place the bowl over a pot of simmering water and whisk continuously until the mixture is warm to the touch and the sugar has dissolved.
4. Remove from heat and continue whisking until the mixture is thick and pale.
5. Sift the cake flour over the egg mixture and fold in gently until just combined.
6. Pour the batter into the prepared loaf pan and smooth the top.
7. Bake for 30-40 minutes, or until a toothpick inserted into the centre comes out clean.
8. Remove from the oven and let it cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing and serving.



Fish-shaped Cake

Fish-shaped Cake, known as “Taiyaki” in Japanese, is a popular and iconic sweet snack that has captured the hearts of many across Japan and beyond. Taiyaki is named after its shape, resembling a sea bream fish (“tai” in Japanese), a symbol of good fortune and prosperity in Japanese culture. Taiyaki holds a special place in Japanese culinary culture, with its origins dating back to the early 20th century in Tokyo. Over time, it has become a beloved street food snack enjoyed by people of all ages, especially during festivals, fairs, and visits to traditional shopping streets. The charm of Taiyaki lies not only in its delightful taste but also in its nostalgic appeal and aesthetic presentation. Its distinctive fish-shaped form and warm, fragrant aroma evoke feelings of comfort and joy, making it a favourite treat for many.

Ingredients:

- 200g pancake mix
- 100ml water
- 50g red bean paste (anko)
- Cooking oil for greasing
- Optional: sweetened condensed milk for drizzling

Instructions:

1. Mix the pancake mix with water until smooth.
2. Preheat a fish-shaped cake mold and lightly grease it with cooking oil.
3. Pour a small amount of batter into each fish-shaped cavity, filling them halfway.
4. Add a small amount of red bean paste into the center of each cavity.
5. Top with more batter to cover the red bean paste.
6. Close the mold and cook until golden brown on both sides.
7. Remove the cakes from the mold and let them cool slightly.
8. Optional: Drizzle with sweetened condensed milk before serving.

Shokupan

Shokupan, often simply referred to as "shokupan," is a type of soft and fluffy white bread that holds a special place in Japanese culinary culture. With its pillowy texture and subtly sweet flavour, shokupan is a versatile staple that can be enjoyed in various ways, from sandwiches to toast and beyond. Shokupan holds a cherished place in Japanese households, where it is enjoyed as a breakfast staple, sandwich bread, or snack. Its versatility extends to various culinary creations, including French toast, sandwiches filled with savoury or sweet ingredients, and even as a base for intricate toast art. Beyond its role as a daily staple, shokupan embodies a sense of comfort and nostalgia for many Japanese people.

Ingredients:

- 300g bread flour
- 180ml warm water
- 30g sugar
- 6g salt
- 30g butter, softened
- 5g instant yeast

Instructions:

1. In a bowl, mix the warm water and sugar until dissolved. Add the yeast and let it sit for 5-10 minutes until foamy.
2. Add the flour and salt to the yeast mixture and mix until a rough dough forms.
3. Knead the dough on a floured surface for about 10 minutes, or until smooth and elastic.
4. Incorporate the softened butter into the dough, kneading until well combined.
5. Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1-2 hours, or until doubled in size.
6. Punch down the dough and shape it into a loaf. Place it in a greased loaf pan.
7. Cover the pan with a damp cloth and let the dough rise for another 30-60 minutes, or until it rises about 1 inch above the rim of the pan.
8. Preheat the oven to 180°C (350°F).
9. Bake the bread for about 30-40 minutes, or until golden brown and hollow-sounding when tapped on the bottom.
10. Remove the bread from the pan and let it cool on a wire rack before slicing and serving.

Chocolate Roll Cake

Chocolate Roll Cake, also known as “chocolate Swiss roll” or “chocolate roulade,” is a decadent dessert that combines the rich flavour of chocolate with the light and airy texture of sponge cake. This delightful treat is beloved in Japan and enjoyed by people of all ages for its indulgent taste and elegant presentation. Chocolate Roll Cake is often enjoyed as a dessert for special occasions such as birthdays, holidays, and celebrations. It is also a popular choice for afternoon tea or as a sweet indulgence after a meal. Its elegant appearance and delicious taste make it a favourite among food enthusiasts and a delightful addition to any dessert spread.

Ingredients:

- 3 eggs
- 75g sugar
- 50g cake flour
- 15g cocoa powder
- 30g butter
- 100ml heavy cream
- 50g chocolate chips

Instructions:

1. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, beat the eggs and sugar until thick and pale.
3. Sift the cake flour and cocoa powder into the egg mixture and fold in gently.
4. Spread the batter evenly onto the prepared baking sheet.
5. Bake for 10-12 minutes, or until the cake is set.
6. While the cake is baking, heat the heavy cream in a saucepan until almost boiling.
7. Remove from heat and add the chocolate chips. Stir until smooth and let it cool slightly.
8. When the cake is done, remove it from the oven and let it cool for a few minutes.
9. Place a clean kitchen towel over the cake and invert it onto the towel.
10. Carefully peel off the parchment paper.
11. Spread the chocolate ganache evenly over the cake.
12. Starting from one short end, gently roll the cake up with the towel.
13. Place the rolled cake on a wire rack to cool completely before slicing and serving.

Salt Bread

Salt bread, known as “Shio Pan” in Japanese, is a delightful savoury bread that offers a unique twist on the traditional bread experience. Unlike sweet bread varieties, Shio Pan is lightly seasoned with salt, which enhances its flavour profile and pairs exceptionally well with a variety of toppings or fillings. While Shio Pan is a relatively recent addition to the Japanese bread scene, it has quickly gained popularity for its flavourful taste and versatility. It can be found in bakeries, supermarkets, and convenience stores across Japan, where it has become a staple in many households. Whether enjoyed on its own or incorporated into a variety of culinary creations, Japanese salt bread offers a delightful culinary experience that celebrates simplicity and flavour in every bite.

Ingredients:

- 300g bread flour
- 180ml warm water
- 6g salt
- 5g instant yeast
- 15g sugar
- 30g butter, softened

Instructions:

1. In a bowl, mix the warm water and sugar until dissolved. Add the yeast and let it sit for 5-10 minutes until foamy.
2. Add the flour and salt to the yeast mixture and mix until a rough dough forms.
3. Knead the dough on a floured surface for about 10 minutes, or until smooth and elastic.
4. Incorporate the softened butter into the dough, kneading until well combined.
5. Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1-2 hours, or until doubled in size.
6. Punch down the dough and shape it into a loaf. Place it in a greased loaf pan.
7. Cover the pan with a damp cloth and let the dough rise for another 30-60 minutes, or until it rises about 1 inch above the rim of the pan.
8. Preheat the oven to 180°C (350°F).
9. Bake the bread for about 30-40 minutes, or until golden brown and hollow-sounding when tapped on the bottom.
10. Remove the bread from the pan and let it cool on a wire rack before slicing and serving.

Matcha Pound Cake

Matcha Pound Cake is a delightful fusion of traditional Western baking techniques and the vibrant flavours of matcha, finely ground green tea powder. This indulgent cake offers a balance of rich, buttery flavour and the distinctive earthy notes of matcha, creating a unique and satisfying dessert experience. Matcha Pound Cake is often enjoyed as a sweet treat with a cup of tea or coffee, allowing the rich flavours of the cake to complement the subtle bitterness of the matcha. It can also be served alongside fresh fruit, whipped cream, or a dusting of powdered sugar for an extra touch of indulgence.

Ingredients:

- 100g butter, softened
- 100g sugar
- 2 eggs
- 100g cake flour
- 1 tsp baking powder
- 1 tbsp matcha powder
- 50ml milk

Instructions:

1. Preheat the oven to 170°C (340°F) and grease a loaf pan.
2. In a bowl, cream together the butter and sugar until light and fluffy.
3. Add the eggs one at a time, beating well after each addition.
4. Sift the cake flour, baking powder, and matcha powder into the bowl and fold in gently.
5. Stir in the milk until the batter is smooth.
6. Pour the batter into the prepared loaf pan and smooth the top.
7. Bake for 35-40 minutes, or until a toothpick inserted into the centre comes out clean.
8. Remove from the oven and let it cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing and serving.

Sweet Rice Cake Filled with Sweet Bean Paste

Sweet rice cake filled with sweet bean paste, known as “daifuku” in Japanese, is a beloved traditional wagashi (Japanese sweet) that delights the senses with its soft, chewy texture and sweet filling. This delightful confection is a favourite treat enjoyed across Japan and beyond. This beloved wagashi holds a special place in Japanese culinary culture, often enjoyed as a sweet snack or dessert during tea ceremonies, celebrations, and special occasions. It can be found in specialty sweet shops, convenience stores, and supermarkets throughout Japan, where it continues to captivate both locals and visitors alike with its irresistible charm and delectable taste.

Ingredients:

- 200g sweet rice flour (mochiko)
- 100g sugar
- 240ml water
- 200g sweet red bean paste (anko)

Instructions:

1. In a microwave-safe bowl, mix the sweet rice flour and sugar.
2. Gradually stir in the water until smooth.
3. Cover the bowl loosely with plastic wrap and microwave on high for 3 minutes.
4. Stir the mixture, then microwave for another 2-3 minutes until thickened.
5. Let the mixture cool slightly, then divide it into 12 portions.
6. Flatten each portion and place a small amount of sweet red bean paste in the centre.
7. Fold the edges over the filling and shape into a ball.
8. Serve warm or at room temperature.

Anpan

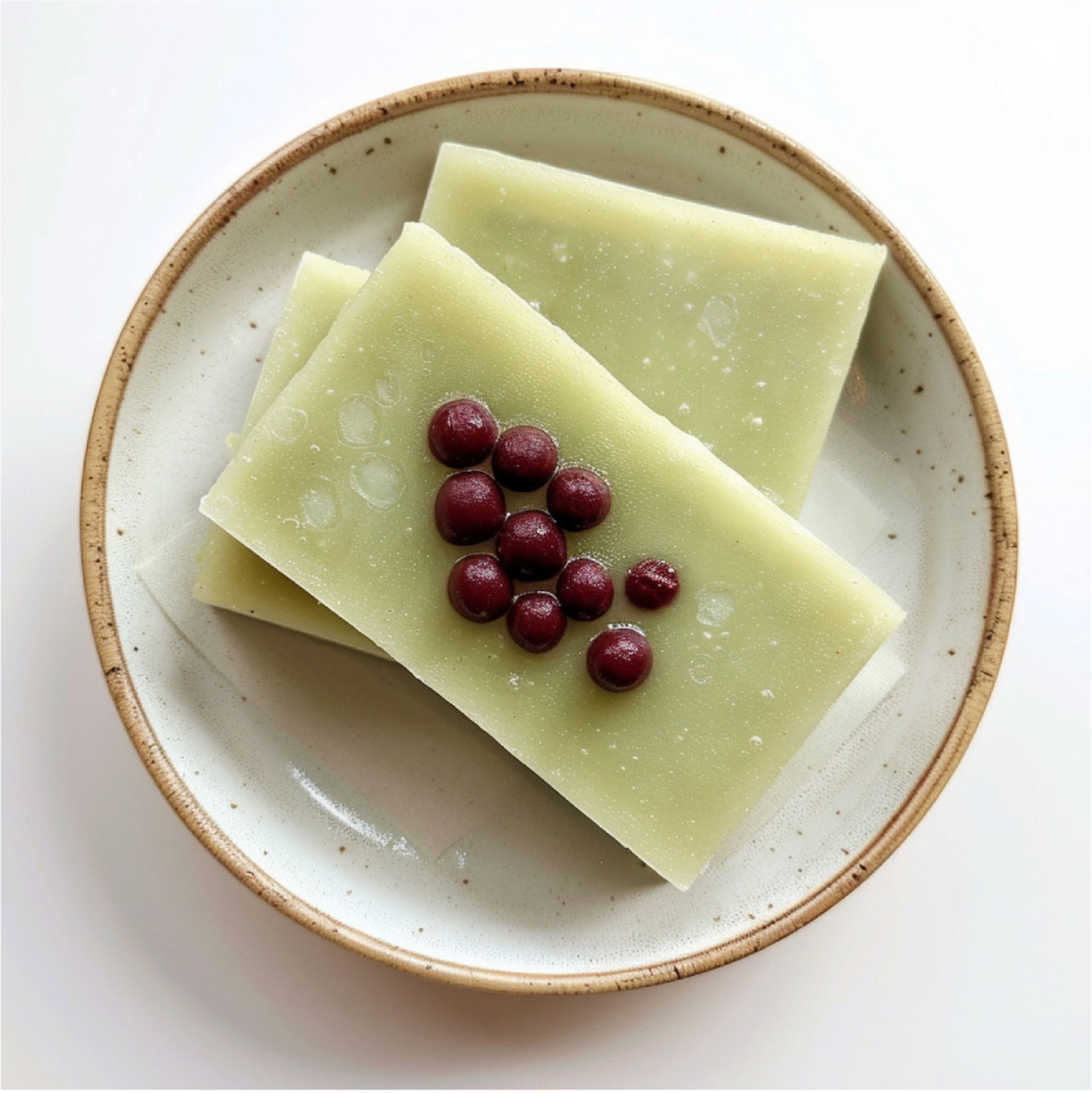
Anpan is a classic and beloved sweet bread that holds a cherished place in Japanese culinary culture. It consists of a soft, fluffy bun filled with sweet red bean paste, known as “anko” in Japanese. Anpan’s delightful combination of pillowy bread and rich, sweet filling has made it a favourite snack and treat enjoyed by people of all ages across Japan. Anpan holds a special place in Japanese cultural traditions and celebrations. It is often enjoyed during special occasions such as New Year’s celebrations, children’s festivals, and cherry blossom viewing parties. Additionally, Anpan is a popular choice for breakfast or as a midday snack, offering a satisfying combination of sweetness and sustenance.

Ingredients:

- 4 pieces of anpan (sweet red bean paste-filled bread)
- Powdered sugar for dusting (optional)

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Place the anpan on a baking sheet and bake for 5-7 minutes, or until heated through.
3. Remove from the oven and let them cool slightly.
4. Dust with powdered sugar before serving, if desired.



Uiro

Uiro is a traditional wagashi (Japanese sweet) that delights with its delicate texture and subtle sweetness. Originating from the Aichi prefecture in central Japan, Uiro has been cherished for centuries as a beloved treat enjoyed on special occasions and everyday moments alike. Uiro holds a special place in Japanese cultural celebrations and rituals. It is often enjoyed during seasonal festivals, tea ceremonies, and family gatherings, where it symbolizes good fortune and unity. Additionally, Uiro is a popular choice for gifts and souvenirs, showcasing the artistry and craftsmanship of Japanese confectionery. Whether enjoyed as a sweet indulgence or savoured as part of a traditional Japanese meal, Japanese Uiro offers a delightful culinary experience that celebrates the beauty of simplicity and the richness of tradition.

Ingredients:

- 100g rice flour
- 50g sugar
- 200ml water
- 1/4 tsp salt
- 1/4 tsp matcha powder (optional)
- Red bean paste or sweetened azuki beans for topping

Instructions:

1. In a saucepan, combine the rice flour, sugar, salt, and matcha powder (if using).
2. Gradually add water while stirring to avoid lumps.
3. Cook the mixture over medium heat, stirring constantly, until it thickens.
4. Pour the mixture into a square or rectangular dish lined with plastic wrap.
5. Let it cool to room temperature, then refrigerate for at least 1 hour, or until set.
6. Cut the uiro into squares and serve with red bean paste or sweetened azuki beans on top.

Mentaiko-pan

Mentaiko-pan is a delightful fusion of Japanese and Western culinary influences, combining the beloved flavours of mentaiko (spicy cod roe) with the convenience of a bread roll. This unique snack has gained popularity for its bold and savoury taste, making it a favourite among food enthusiasts in Japan. Mentaiko-pan is commonly found in bakeries, convenience stores, and street food stalls across Japan, where it is enjoyed as a quick and convenient snack on the go. It is also a popular choice for picnics, lunch boxes, and casual gatherings, thanks to its portable nature and bold flavour profile. While Mentaiko-pan may have originated as a simple street food snack, it has evolved into a culinary sensation that continues to captivate food enthusiasts both in Japan and around the world.

Ingredients:

- 4 slices of thick white bread
- 100g mentaiko (spicy cod roe)
- Mayonnaise
- Butter for spreading

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Cut the slices of bread in half and lightly toast them.
3. Spread butter on one side of each bread slice.
4. Spread a generous amount of mentaiko on the buttered side of half of the slices.
5. Spread mayonnaise on the other half of the slices.
6. Place the slices with mentaiko on top of the slices with mayonnaise to make sandwiches.
7. Place the sandwiches on a baking sheet and bake for about 5 minutes, or until heated through.
8. Serve hot.

Roll Cake

Roll cake, known as “roll cake” or “Swiss roll” in English, is a beloved dessert that combines light and fluffy sponge cake with a sweet and creamy filling. This delightful treat is popular in Japan and enjoyed by people of all ages for its irresistible taste and charming presentation. Roll cake is a versatile dessert that can be enjoyed on various occasions, from casual gatherings to special celebrations. It is often served as a sweet treat with tea or coffee, or as a light and refreshing dessert after a meal. Roll cakes are also popular gifts and souvenirs, thanks to their elegant appearance and delicious taste. Whether enjoyed plain or with creative flavour combinations, Japanese roll cake offers a delightful culinary experience that celebrates the artistry and craftsmanship of Japanese baking.

Ingredients:

- 3 large eggs
- 100g sugar
- 100g cake flour
- 50ml milk
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Jam or whipped cream for filling

Instructions:

1. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, beat the eggs and sugar until thick and pale.
3. Sift the cake flour and baking powder over the egg mixture and fold in gently.
4. Heat the milk until warm, then add it to the batter along with the vanilla extract. Fold gently to combine.
5. Pour the batter onto the prepared baking sheet and spread it evenly.
6. Bake for 10-12 minutes, or until the cake is lightly golden and springs back when touched.
7. Remove the cake from the oven and let it cool slightly.
8. Place a clean kitchen towel over the cake and invert it onto the towel.
9. Carefully peel off the parchment paper.
10. Spread jam or whipped cream over the cake, leaving a small border around the edges.
11. Starting from one short end, gently roll the cake up with the towel.
12. Place the rolled cake on a wire rack to cool completely before slicing and serving.

Glutinous Rice Cake

Glutinous rice cake, known as "mochi," is a traditional delicacy that holds a special place in Japanese culture and cuisine. Made from glutinous rice flour, mochi has a soft and chewy texture, making it a versatile ingredient in various sweet and savoury dishes. Beyond its role in sweet treats, mochi is also used in savoury dishes. It can be grilled, toasted, or simmered in soups and stews, adding a unique chewy texture and mild sweetness to the dish. Mochi holds deep cultural significance in Japan and is often associated with good luck, prosperity, and longevity. It is commonly enjoyed during seasonal festivals and special occasions, where it symbolizes unity and tradition.

Ingredients:

- 200g glutinous rice flour
- 100g sugar
- 240ml water
- Kinako (roasted soybean flour) for dusting

Instructions:

1. In a microwave-safe bowl, mix the glutinous rice flour and sugar.
2. Gradually stir in the water until smooth.
3. Cover the bowl loosely with plastic wrap and microwave on high for 3 minutes.
4. Stir the mixture, then microwave for another 2-3 minutes until thickened.
5. Let the mixture cool slightly, then divide it into 4 portions and shape each into a ball.
6. Dust each ball with kinako before serving.

Matcha Mille Crepe Cake

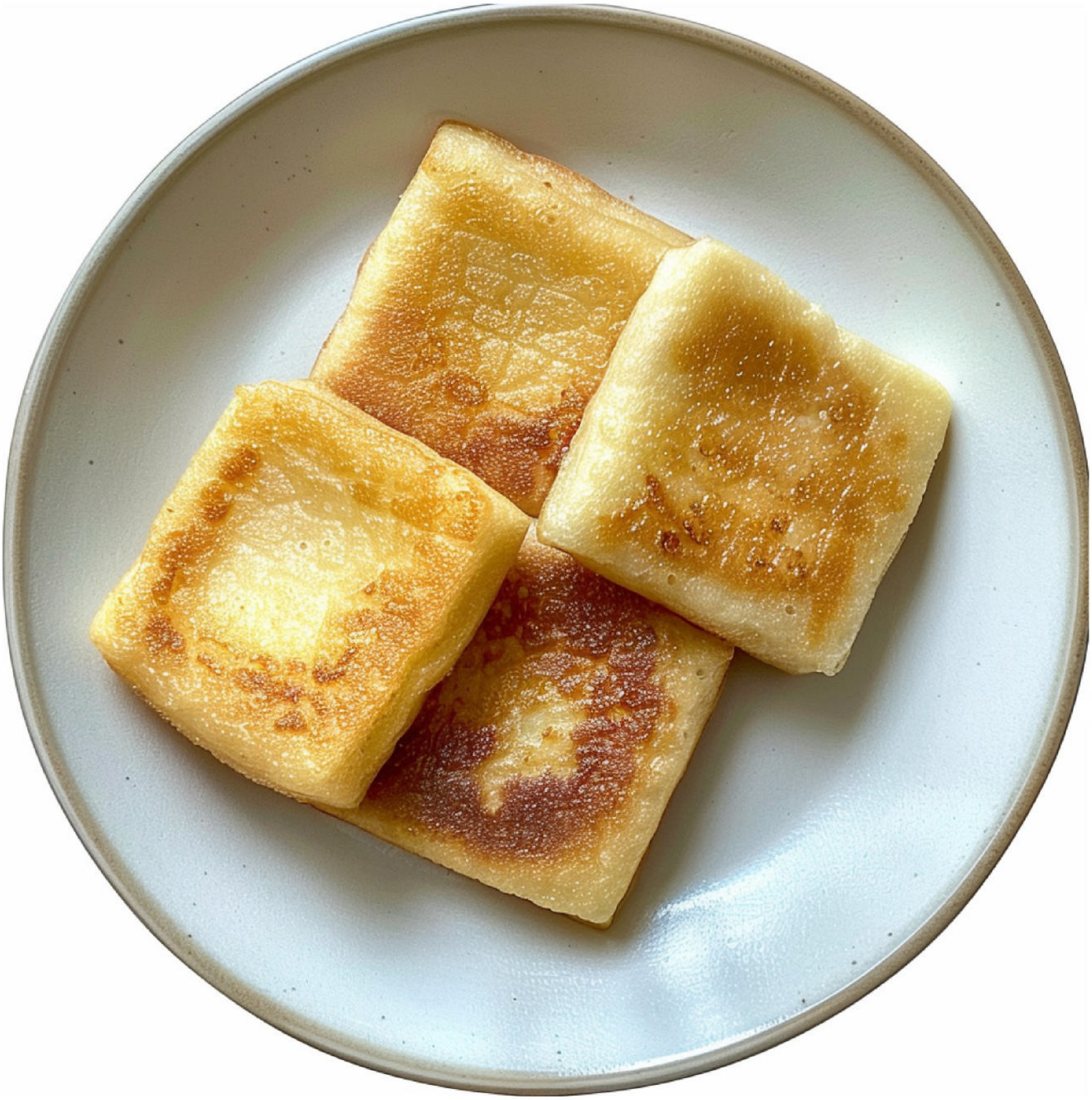
Matcha Mille Crepe Cake is a decadent and elegant dessert that showcases the exquisite flavours of matcha green tea in a delicate and luxurious form. This indulgent cake features layers of thin crepes stacked with alternating layers of rich matcha-infused pastry cream, resulting in a stunning and visually striking dessert. Matcha Mille Crepe Cake is a beloved dessert in Japan, enjoyed on special occasions such as birthdays, weddings, and holidays, as well as during afternoon tea or as a sweet indulgence after a meal. Its delicate texture, subtle sweetness, and vibrant matcha flavour make it a favourite among dessert enthusiasts and matcha lovers alike.

Ingredients:

- 200ml heavy cream
- 2 tbsp sugar
- 1 tsp matcha powder
- 8-10 crepes (store-bought or homemade)
- Matcha powder for dusting

Instructions:

1. In a bowl, whip the heavy cream with sugar and matcha powder until stiff peaks form.
2. Place a crepe on a serving plate and spread a thin layer of whipped matcha cream over it.
3. Repeat layering crepes and cream until all crepes are used, ending with a crepe on top.
4. Refrigerate the cake for at least 1 hour to set.
5. Dust the top with matcha powder before serving.



Ningyo-yaki

Ningyo-yaki is a delightful traditional snack that has been enjoyed for generations, particularly in the Tokyo area. Translating to “doll grilled cake,” Ningyo-yaki is known for its adorable shapes and delicious flavours, making it a favourite among locals and tourists alike. Ningyo-yaki is a popular souvenir and gift item, often packaged in decorative boxes or wrapping paper, making it a charming and delicious token of appreciation. It is commonly enjoyed as a snack with tea or coffee, or as a sweet treat during special occasions and festivals. The charm of Ningyo-yaki lies not only in its adorable shapes and delightful flavours but also in its cultural significance, reflecting Japan’s rich culinary traditions and craftsmanship.

Ingredients:

- 100g flour
- 2 eggs
- 100g sugar
- 2 tbsp honey
- 1/2 tsp baking powder
- Anko (sweet red bean paste)

Instructions:

1. Whisk eggs and sugar until thick.
2. Add honey and mix well.
3. Sift flour and baking powder into the mixture and fold gently.
4. Pour the batter into a ningyo-yaki mold, filling each cavity halfway.
5. Add a small amount of anko into the centre of each cavity.
6. Top with more batter to cover the anko.
7. Cook until golden brown on both sides.
8. Serve warm.

Agepan

Agepan is a beloved deep-fried snack that boasts a crispy exterior and a soft, fluffy interior, making it a popular street food and comfort food in Japan. Also known as “fried bread” or “deep-fried buns,” Agepan is enjoyed for its simplicity, versatility, and delicious taste. Agepan can be enjoyed in various ways, both savoury and sweet. Savoury variations may include fillings such as curry, sausage, or cheese, while sweet Agepan can be filled with ingredients like sweet red bean paste (anko), custard, or chocolate. Some Agepan is also coated with sugar or sesame seeds for extra flavour and crunch. This versatile snack is commonly found in street food stalls, festivals, and convenience stores across Japan, where it is enjoyed as a quick and satisfying treat on the go.

Ingredients:

- 4 slices of white bread
- Vegetable oil for frying
- Kinako (roasted soybean flour) and sugar for coating

Instructions:

1. Cut the bread slices into bite-sized pieces.
2. Heat the vegetable oil in a pan.
3. Fry the bread pieces until golden brown and crispy.
4. Remove from the oil and drain on paper towels.
5. Mix kinako and sugar in a bowl.
6. Roll the fried bread pieces in the kinako-sugar mixture to coat.
7. Serve warm.

Japanese Fruit Roll Cake

Japanese Fruit Roll Cake, also known as “fruit Swiss roll” or “fruit roll cake,” is a delightful dessert that combines the lightness of sponge cake with the freshness of seasonal fruits. This sweet treat is popular in Japan and enjoyed year-round, with variations featuring different fruits depending on the season. Japanese Fruit Roll Cake is often enjoyed as a dessert or sweet snack, with its light and refreshing taste making it perfect for afternoon tea or as a sweet treat after a meal. Its vibrant colours and fresh fruit flavours make it a favourite among dessert enthusiasts and a delightful addition to any dessert spread.

Ingredients:

- 3 eggs
- 75g sugar
- 75g cake flour
- 1 tbsp milk
- Whipped cream
- Fresh fruits (e.g., strawberries, kiwi, mango)
- Powdered sugar for dusting

Instructions:

1. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, beat the eggs and sugar until thick and pale.
3. Sift the cake flour over the egg mixture and fold in gently.
4. Stir in the milk until well combined.
5. Pour the batter onto the prepared baking sheet and spread it evenly.
6. Bake for 10-12 minutes, or until the cake is set and lightly golden.
7. Remove from the oven and let it cool slightly.
8. Place a clean kitchen towel over the cake and invert it onto the towel.
9. Carefully peel off the parchment paper.
10. Spread whipped cream over the cake and arrange sliced fruits on top.
11. Starting from one short end, gently roll the cake up with the towel.
12. Place the rolled cake on a serving plate and dust with powdered sugar before serving.

Japanese Cheesecake

Japanese cheesecake, also known as “cotton cheesecake” or “Japanese soufflé cheesecake,” is a light and fluffy dessert that has captured the hearts of dessert lovers around the world. Renowned for its delicate texture and subtle sweetness, Japanese cheesecake offers a delightful balance of creamy richness and airy lightness. Japanese cheesecake is often enjoyed on its own or garnished with a dusting of powdered sugar or a drizzle of fruit sauce for added sweetness and flavour. It is commonly served as a dessert at celebrations, gatherings, and special occasions, where its light and airy texture make it a delightful finale to any meal.

Ingredients:

- 100g cream cheese
- 20g unsalted butter
- 3 egg yolks
- 30g sugar
- 30ml milk
- 20g cake flour
- 10g cornstarch
- 3 egg whites
- 30g sugar
- 1/2 tsp lemon juice

Instructions:

1. Preheat the oven to 160°C (320°F) and line a 6-inch round cake pan with parchment paper.
2. Melt the cream cheese, butter, and milk in a bowl over a pot of simmering water. Let it cool.
3. Add the egg yolks and mix well.
4. Sift in the cake flour and cornstarch, and mix until smooth.
5. In another bowl, beat the egg whites with lemon juice until foamy.
6. Gradually add sugar and beat until stiff peaks form.
7. Gently fold the egg white mixture into the cream cheese mixture.
8. Pour the batter into the prepared cake pan and smooth the top.
9. Place the cake pan in a larger baking pan and add hot water to the larger pan, about halfway up the sides of the cake pan.
10. Bake for about 40-45 minutes, or until the cake is set and lightly golden.
11. Remove from the oven and let it cool completely before slicing and serving.

Shokora-pan

Shokora-pan, or “chocolate bread,” is a delectable sweet treat that combines the rich flavour of chocolate with the convenience of a bread roll. This indulgent snack is beloved by people of all ages in Japan for its irresistible taste and comforting texture. This delightful treat is commonly found in bakeries, convenience stores, and supermarkets across Japan, where it is enjoyed as a quick and satisfying snack or dessert. It is often paired with a cup of hot tea or coffee, offering a comforting combination of flavours and warmth. Whether enjoyed fresh from the bakery or prepared at home, Japanese Shokora-pan offers a delightful culinary experience that celebrates the timeless appeal of chocolate. Its soft and chocolatey goodness is sure to brighten your day and satisfy your sweet cravings.

Ingredients:

- 4 slices of white bread
- 4 pieces of chocolate (or chocolate chips)
- 4 tbsp sugar
- 2 eggs
- 120ml milk
- Butter for greasing

Instructions:

1. Cut the chocolate into small pieces.
2. Spread the chocolate pieces evenly over 2 slices of bread and top with the remaining 2 slices to make sandwiches.
3. In a shallow dish, mix the sugar, eggs, and milk.
4. Heat a non-stick pan over medium heat and add butter.
5. Dip each sandwich into the egg mixture, coating both sides.
6. Place the sandwiches in the pan and cook until golden brown on both sides.
7. Serve warm.

Japanese Chiffon Cake

Japanese Chiffon Cake is a light and airy dessert that has gained popularity for its delicate texture and subtle sweetness. This delightful cake, also known as “sponge chiffon cake,” is characterized by its moist and tender crumb, achieved through the use of oil and beaten egg whites in the batter. Japanese Chiffon Cake is often enjoyed on its own or served with a dusting of powdered sugar or a drizzle of glaze for added sweetness. It is a popular choice for special occasions, celebrations, and afternoon tea, where its light and airy texture make it a delightful treat to savour. With its delicate crumb and subtle sweetness, Japanese Chiffon Cake offers a delightful culinary experience that is sure to please dessert lovers of all ages.

Ingredients:

- 3 eggs, separated
- 40g sugar
- 40ml vegetable oil
- 40ml milk
- 50g cake flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 40g sugar

Instructions:

1. Preheat the oven to 170°C (340°F) and line a 6-inch round cake pan with parchment paper.
2. In a bowl, whisk the egg yolks with 40g sugar until pale and thick.
3. Add vegetable oil and milk, and mix well.
4. Sift in cake flour, baking powder, and salt, and mix until smooth.
5. In another bowl, beat the egg whites until foamy.
6. Gradually add 40g sugar and beat until stiff peaks form.
7. Gently fold the egg white mixture into the egg yolk mixture.
8. Pour the batter into the prepared cake pan and smooth the top.
9. Bake for about 30-35 minutes, or until a toothpick inserted into the centre comes out clean.
10. Remove from the oven and let it cool completely before slicing and serving.

Miso-pan

Miso-pan is a savoury and comforting bread that offers a unique twist on traditional bread recipes. Miso-pan incorporates the rich umami flavour of miso paste, a staple ingredient in Japanese cuisine, into a soft and fluffy bread dough, resulting in a delightful combination of flavours. Miso-pan can be enjoyed on its own as a satisfying snack or accompaniment to a meal, or used to make sandwiches filled with savoury ingredients such as grilled vegetables, tofu, or cured meats. It pairs particularly well with Japanese flavours such as pickled vegetables, seaweed, or grilled fish. This unique bread is commonly found in bakeries and supermarkets across Japan, where it is appreciated for its comforting taste and versatility.

Ingredients:

- 300g bread flour
- 1 tsp instant yeast
- 1 tbsp sugar
- 1/2 tsp salt
- 1 tbsp miso paste
- 180ml warm water
- 20g butter, softened

Instructions:

1. In a bowl, mix the bread flour, instant yeast, sugar, and salt.
2. In a separate bowl, dissolve the miso paste in warm water.
3. Add the miso mixture to the flour mixture and mix until combined.
4. Knead the dough on a floured surface for about 10 minutes, or until smooth and elastic.
5. Incorporate the softened butter into the dough, kneading until well combined.
6. Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1-2 hours, or until doubled in size.
7. Punch down the dough and shape it into 4 portions. Place them on a baking sheet lined with parchment paper.
8. Let the dough rise for another 30-60 minutes, or until it doubles in size.
9. Preheat the oven to 180°C (350°F).
10. Bake the bread for about 20-25 minutes, or until golden brown.
11. Serve warm or at room temperature.

Yakimochi

Yakimochi, also known as "grilled mochi," is a simple yet delicious snack that showcases the versatility of mochi, a traditional Japanese rice cake made from glutinous rice. Yakimochi is made by grilling or toasting mochi until it becomes crispy and golden brown on the outside while retaining a soft and chewy texture on the inside. Yakimochi is commonly enjoyed with a variety of toppings or seasonings, adding flavour and complexity to this simple snack. Popular toppings include soy sauce or a sweet soy sauce glaze called "tare," which adds a savoury umami flavour. Other common toppings include kinako (roasted soybean flour), nori (dried seaweed), or a sprinkle of sesame seeds. Whether enjoyed as a savoury snack or a sweet treat, Japanese Yakimochi offers a delightful culinary experience that celebrates the simplicity and versatility of mochi.

Ingredients:

- 4 rice cakes (mochi)
- Soy sauce
- Nori (seaweed), cut into small strips
- Toasted sesame seeds

Instructions:

1. Preheat a grill or broiler.
2. Lightly oil the mochi and place them on the grill or under the broiler.
3. Cook until the mochi puffs up and becomes golden brown, then flip and cook the other side.
4. Remove from heat and brush with soy sauce.
5. Sprinkle with nori strips and toasted sesame seeds.
6. Serve hot.

CAKES&BREAD

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